



# DANIEL FAST 2023

January 9<sup>th</sup> – 29<sup>th</sup>

... let us be given some vegetables to eat and water to drink. Daniel 1:12 (AMP)

**C**ovenant  
Covenant Church and Fellowship

21-Day experience (weekends included) is designed to strengthen us spiritually, mentally, and physically.

**"2023 The Year of Birth"**  
*Covenant Restoration Christian Fellowship*  
**21 Days of Fasting & Prayer**

Fasting and praying are pivotal in the believer's life at the beginning of the year, as it establishes a firm foundation for the remainder of the year. The Bible admonishes us in Matthew 6:33, to "*Seek ye first the Kingdom of God and His righteousness; and all of these things shall be added unto you.*" When you commit to seeking God at the beginning of the New Year, you release the first fruits principle that brings God's blessing and favor for the entire year. Some things will only manifest in your lives when you commit to fasting and prayer.

According to Matthew 6:16, fasting is a must, not an option. The failure to fast causes many to miss God's direction and inhibits their deliverance from habitual sins and demonic influence. The discipline of fasting releases the anointing to break yokes and brings God's favor in the life of the believer.

If you desire is to participate in the Kingdom's prosperity, be elevated spiritually and fulfill your divine assignment, join us as we fast for 21 days to begin the year 2023.

**Why are we fasting?**

We are fasting for the power (divine ability) to recover all. "*And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all*" (1 Samuel 30:8).

"Joel 2:21-28 gives depth to why we fast."

*21 Fear not, O land; be glad and rejoice: for the LORD will do great things.*

*22 Be not afraid, ye beasts of the field: for the pastures of the wilderness do spring, for the tree beareth her fruit, the fig tree and the vine do yield their strength.*

*23 Be glad then, ye children of Zion, and rejoice in the LORD your God: for he hath given you the former rain moderately, and he will cause to come down for you the rain, the former rain, and the latter rain in the first month.*

*24 And the floors shall be full of wheat, and the fats shall overflow with wine and oil.*

*25 And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you.*

*26 And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed.*

*27 And ye shall know that I am in the midst of Israel, and that I am the LORD your God, and none else: and my people shall never be ashamed.*

*28 And it shall come to pass afterward, that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions:*

2023 is a year of Birth thru prayer and the fruits of the spirits. As we pray and fast, we will begin to receive clarity, a clear vision of our expectations, our spiritual enrichment, and our application of God's Word. Our motto: "A Place of Restoration and New Beginnings." We are called to **R**estoration, **E**vangelism, and **D**iscipleship; to this end, we will work tirelessly.

Therefore, we need the Holy Spirit's anointing in all areas of ministry to experience the manifestation of wisdom, revelation, strength, and guidance in a time such as this. John 15:5 reminds us that "*without Christ we can do nothing,*" and Philippians 4:13 says "*I can do all things through Christ which strengthens me.*"

Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir up the gifts that are lying dormant in us, awaken us to our purpose, and set us on our destined path. Again, let's pray that God will bless our Church with Soul Winners, all the Gifts of the Spirit, Prosperity, and that His Glory and Power will be fully manifested in the body of Christ.

Pray about the fast you are undertaking. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14, 15). For Him, it was a matter of when believers would fast, not if they would do it...

- Ask the Lord for His perspective to see ourselves the way God sees us.
- Ask the Lord for His perspective to see others the way God sees them.
- Ask the Lord for His perspective to see the lost the way God sees them.
- Ask God to do whatever it takes to put you into situations that require more faith than you think you have.
- Ask God to remind you of His power and presence when faced with seemingly impossible situations.
- Ask God to show you how to touch the felt needs of people with His supernatural power.
- Ask Him to give you the faith to believe that you and the church can actually do what Jesus did.
- Ask God for a heart that is not afraid to start with the “least of these.”
- Ask Jesus to give us the strength to pray continually, even when it’s hard.
- Ask the Lord for sensitivity and submission to Holy Spirit promptings.

Blessings,  
Bishop Henry E. & Dr. Fannie M. Thomas

Covenant



# Daniel Fast | Preparation

## WHAT IS THE DANIEL FAST?

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

In Daniel 10 we read that the Prophet ate no meat nor any breads or foods and he drank no wine for 21 days. Therefore, from this scripture, we get a third guideline:

3. No sweeteners and no breads

## HOW TO PREPARE FOR THE DANIEL. FAST

**Quiet Time:** If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. May God greatly bless you as you fast!

## WHAT TO EXPECT DDURING THE FAST

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. Naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest.

Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

## WHEN YOU FAST

Expect to get to know God better

- o Fasting is waiting.  
-Lamentations 3:25-27
- o Fasting is drawing near.  
-Jeremiah 29:11-13

As you demonstrate sincerity to God, you can expect:

- o Expect strength in your inner character.
- o Find power to leave sinful habits.  
-2 Corinthians 7:1
- o Find power to stay focused in prayer.
- o Find yourself desiring God's presence.
- o Expect the hand of God to move to answer unselfish prayers.

Expect resistance from the devil.

Expect your prayers to go to a higher level.

# Daniel Fast | Prayer Focus

SPIRITUAL GROWTH

Which Areas Do You Need To Grow In God?

INTERCESSION

What Are You Believing God For In Someone Else's Life?

HEALTH

Do You Need God To Do Concerning Your Health?

RELATIONSHIPS

What Connections Are You Asking God to Clarify?

FINANCES

What Are You Trusting God To Do In Your Finances?

# Daniel Fast | Daily Meditation



- 1        ISAIAH 43:19        Listen carefully, I am about to do a new thing, Now it will spring forth; will you not be aware of it? I will even put a road in the wilderness, Rivers in the desert.
  
- 2        DANIEL 1:8, 12        But Daniel made up his mind that he would not defile (taint, dishonor) himself with the king’s finest food or with the wine which the king drank; so he asked the commander of the officials that he might [be excused so that he would] not defile himself. “Please, test your servants for ten days, and let us be given some vegetables to eat and water to drink.
  
- 3        DANIEL 1:15        At the end of ten days it seemed that they were looking better and healthier than all the young men who ate the king’s finest food.
  
- 4        3 JOHN 2        Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] your soul prospers [spiritually].
  
- 5        MATTHEW 6:16        And whenever you are fasting, do not look gloomy like the hypocrites, for they put on a sad and dismal face [like actors, discoloring their faces with ashes or dirt] so that their fasting may be seen by men. I assure you and most solemnly say to you, they [already] have their reward in full.
  
- 6        MATTHEW 6:17-18        But when you fast, put oil on your head [as you normally would to groom your hair] and wash your face; so that your fasting will not be noticed by people, but by your Father who is in secret; and your Father who sees [what is done] in secret will reward you.
  
- 7        ACTS 14:23        When they had appointed elders for them in every church, having prayed with fasting, they entrusted them to the Lord in whom they believed [and joyfully accepted as the Messiah].
  
- 8        1 SAMUEL 2:1        Hannah prayed and said, “My heart rejoices and triumphs in the Lord; My horn (strength) is lifted up in the Lord, My mouth has opened wide [to speak boldly] against my enemies, Because I rejoice in Your salvation.
  
- 9        JAMES 1:2-3        Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace].
  
- 10        2 KING 20:5        “Go back and tell Hezekiah the leader of My people, “Thus says the Lord, the God of David your father (ancestor): “I have heard your prayer, I have



seen your tears. Behold, I am healing you; on the third day you shall go up to the house of the Lord.

- 11 1 CHRO 5:20 They were given help against them, and the Hagrites were handed over to them, and all who were allied with them; for they cried out to God [for help] in the battle; and He granted their entreaty because they relied on and trusted in Him.
- 12 EZRA 8:23 So we fasted and sought [help from] our God concerning this [matter], and He heard our plea.
- 13 PSALM 21:2 You have given him his heart's desire, And You have not withheld the request of his lips. Selah.
- 14 JEREMIAH 33:6 Behold, [in the restored Jerusalem] I will bring to it health and healing, and I will heal them; and I will reveal to them an abundance of peace (prosperity, security, stability) and truth.
- 15 AMOS 5:24 But let justice run down like waters And righteousness like an ever-flowing stream [flowing abundantly].
- 16 ECCL 3:1-8 There is a season (a time appointed) for everything and a time for every delight and event or purpose under heaven—
- 17 EXDOUS 15:26 saying, "If you will diligently listen and pay attention to the voice of the Lord your God, and do what is right in His sight, and listen to His commandments, and keep [foremost in your thoughts and actively obey] all His precepts and statutes, then I will not put on you any of the diseases which I have put on the Egyptians; for I am the Lord who heals you."
- 18 1 SAMUEL 25:6 and this is what you shall say, 'Have a long life! Peace be to you, and peace to your house, and peace to all that you have.
- 19 GENESIS 1:29 So God said, "Behold, I have given you every plant yielding seed that is on the surface of the entire earth, and every tree which has fruit yielding seed; it shall be food for you;
- 20 JEREMIAH 30:18 Thus says the Lord, 'Behold (hear this), I will restore the fortunes of the tents of Jacob and have mercy on his dwelling places; The city will be rebuilt on its [old, mound-like] ruin, And the palace will stand on its rightful place.
- 21 ISAIAH 40:29 He gives strength to the weary, and to him who has no might He increases power.

## Things To Do Everyday

### PRAY

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give up some of the tasty foods we like to eat, and to spend time with the Lord.

### EAT ONE FAST MEAL

Choose at least one meal a day at which you will. Only eat Daniel Fast foods. A good choice might be breakfast or lunch. That way, you and your family can pray and sacrifice together.

### EAT LOTS OF THIS

#### FRUIT

Bananas, Oranges, Apples, etc

#### VEGETABLES

Carrots, Greens, Broccoli, etc

#### WHOLE GRAINS

Brown Rice, Quinoa or Whole Wheat Pasta, etc

#### LEGUMES

Beans and Peas

#### DRINK LOTS WATER!!!



DON'T EAT/DRINK THIS

Sugar

Meat

Milk

Eggs

Bread

White Flour

Crackers

Cookies

Juices

Soda

Energy Drink

Gum

Mints

Candy

Iodized Salt



# Daniel Fast | What To Eat?

## EAT/DRINK THIS

### All fruits:

These can be fresh, frozen, dried, juiced, or canned (watch for added sugar).

|               |                 |
|---------------|-----------------|
| Apples        | Guava           |
| Apricots      | Honeydew melons |
| Avocados      | Kiwi            |
| Bananas       | Lemons          |
| Berries       | Limes           |
| Blackberries  | Mangoes         |
| Blueberries   | Melons          |
| Boysenberries | Mulberry        |
| Breadfruit    | Nectarines      |
| Cantaloupe    | Oats            |
| Cherries      | Olives          |
| Coconuts      | Oranges         |
| Cranberries   | Papayas         |
| Dates         | Peaches         |
| Figs          | Pears           |
| Grapefruit    | Pineapples      |
| Grapes        | Plums           |
| Grenadine     | Prunes          |
| Raspberries   | Raisins         |
| Strawberries  | Tangelos        |
| Tangerines    | Watermelon      |

## **Vegetables:**

These can be fresh, frozen, dried, juiced, or canned (watch salt content).

|                  |                |
|------------------|----------------|
| Artichokes       | Onions         |
| Asparagus        | Parsley        |
| Beets            | Peppers        |
| Broccoli         | Potatoes       |
| Brussels sprouts | Radishes       |
| Cabbage          | Rutabagas      |
| Carrots          | Scallions      |
| Cauliflower      | Spinach        |
| Celery           | Sprouts        |
| Chili peppers    | Squashes       |
| Collard greens   | Sweet potatoes |
| Corn             | Tomatoes       |
| Cucumbers        | Turnips        |
| Eggplant         | Watercress     |
| Garlic           | Yams           |
| Ginger root      | Zucchini       |
| Kale             | Mushrooms      |
| Leeks            | Mustard greens |
| Lettuce          | Okra           |

## **Legumes:**

|                 |              |
|-----------------|--------------|
| Dried beans     | Green beans  |
| Black beans     | Green peas   |
| Cannellini      | Kidney beans |
| Pinto beans     | Peanuts      |
| Split peas      | Beans        |
| Lentils         | Lentils      |
| Black eyed peas | Lupines      |
| White           | Peas         |

## DO NOT EAT/DRINK THIS

ALL meats

ALL dairy

ALL sweets and sweeteners

ALL leavened bread & yeast

ALL refined & processed food

ALL deep-fried food

ALL solid fats

ALL beverages (OTHER THAN WATER)

## Additional Information

1. If your primary **focus** is on the food and not the **fast**, you are missing the point.
2. Do not overcomplicate food on the fast. You have four choices: fruits, vegetables, grains, and legumes.
3. All Daniel Fast foods are plant-based but not all plant-based foods are approved for the Daniel Fast.
4. Avoid situations where it will be difficult for you to honor your commitment to the Daniel Fast.
5. Every day you need a plan for what you will eat. You cannot “wing it” on the Daniel Fast.
6. Your ability to afford the Daniel Fast is based on perspective and choices. Maintain the right perspective and make the right choices for your particular situation.
7. The simpler your Daniel Fast meals are, the less expensive your grocery bill will be.
8. Preparing Daniel Fast meals can be time consuming but there are some tools that can help (i.e., blenders, instant pots, food processors, slow cookers, etc.)
9. You must read the labels to ensure you are not inadvertently consuming food that does not comply with the Daniel Fast.
10. Give your body time to adjust to the dietary restrictions of the Daniel Fast.
11. Connect with your church family for support, prayer, and meal ideas.